

Dear club leaders, walkers, and friends,

The *Keep Moving* Program is pleased to re-launch our newsletter, **Footnotes** which highlights program news, fellow clubs, and walking tips.

We would love to feature your club in future editions so please call Jan Marble at 617-994-9808 to schedule a phone interview. She will ask how your club got started, the origins of your club's name, what makes your club special, and more. We also welcome submissions of club logos, songs, poetry, recipes, photographs, and the like.

If you wish to start a *Keep Moving* walking club in your community, call Jan for details about club leader trainings and the mechanics of starting a walking club.

Remember that, as a walking club member, you are part of your local club and the network of 150 *Keep Moving* walking groups with over 3,000 members across the state of Massachusetts. Enjoy this newsletter and keep moving!

Send articles to:

Jan Marble, Director *Keep Moving*
MDPH, Office of Elder Health
250 Washington Street, 4th Floor
Boston, MA 02108

KEEP MOVING NEWS

George Phillips is the new part-time Coordinator of Boston's 20 *Keep Moving* clubs. George comes from the Children's Medical Security Plan. Before that, he worked for IBM for over 25 years. Mr. Phillips is also a veteran of the U.S. army. He currently is a Martha Eliot Health Center board member, a member of the Franklin Park Coalition, and part of the USA Track & Field Club. George's top priority as Coordinator of Boston clubs is to recruit more men to form and/or join walking clubs. He is off to a good start as he recently formed a Franklin Park men's walking group. George is an avid walker and runner, and a wonderful inspiration and role model for men. Welcome George!



Great Mass Workout Award Recipients. Holding certificates first row from left: Kaye Ryan (representing Beverly Gibbons), Charlestown; Lucy Silvestre, Roxbury; Angie Miller, Roslindale; Barbara George (representing Darlene Jackson), Roxbury. Second row: Gregorio Roldan, Jamaica Plain; Nancy O'Neil, Mattapan; Gareth Kinkead, Mattapan and Cheryl McDermott, Roxbury

Boston's Keep Moving Club Leaders Receive Prestigious Award

Natalie Jacobson, co-anchor on Channel Five News, was on hand at the 10th annual Great Massachusetts Workout held on May 29, 2002 at the Reggie Lewis Track and Athletic Center in Roxbury. She congratulated several of Boston's *Keep Moving* club leaders for their outstanding leadership in forming walking clubs to promote fitness, motivation, and friendship. The Boston leaders were recognized by the Massachusetts Governor's Committee on Physical Fitness and Sports, the event's sponsor. Marianne Fleckner, Deputy Commissioner of the Massachusetts Department of Public Health, presented the awards.

The Great Mass Workout is an annual event. Its purpose is to educate citizens of the Commonwealth on the importance of physical fitness and to motivate people of all ages to commit to being physically active on a regular basis.

Welcome New Clubs!

The *Keep Moving* Program has been promoting physical activity and friendship among people age 50 and older since 1985, that's 17 years and counting! Some clubs, like the Westminster WOWs, Morning Glory Walkers, and the Ousam Indians have been with the program from its beginnings. In addition to recognizing the dedication of our veteran clubs, we welcome our new clubs and wish them much success. We are working hard to continue to expand the program. We are now 150 clubs strong.

Clubs Formed since January 2002:

- ♣ The Agawam Walkers, Agawam
- ♣ Amy Lowell House Walkers, Boston
- ♣ Beacon House Walkers, Boston
- ♣ Blackstone House Walkers, Boston
- ♣ Franklin Park Men's Walking Group, Dorchester
- ♣ Laboure Walking Club, South Boston
- ♣ Plainville Walking Club, Plainville
- ♣ Roslindale House Walking Club, Roslindale

Clubs Formed in 2001:

- ♣ Council Towers Walkers, Roxbury
- ♣ Dracot Walking Group, Dracot
- ♣ Fieldstone Walking Club, Mattapan
- ♣ Strollettes, Hanover
- ♣ Nate Smith House Walking Club, Jamaica Plain
- ♣ Oakham Walking Club, Oakham
- ♣ Shrewsbury Senior Steppers, Shrewsbury
- ♣ Swansea Steppers, Swansea (rejuvenated in 2001)

Cape Cod Canal Walk Remains an "All-Time Favorite Site" for *Keep Moving* Walkers

Bourne, MA June 5, 2002 – More than 400 seniors walked either one, two or three miles along Cape Cod Canal at Herring Run at the statewide *Keep Moving* walk. *Keep Moving* walkers such as Rutland's Early Birds, Worcester's Mt. Carmel Striders, Rochester's Rockets and the Aliansianas from La Alianza, Boston to name a few, walked to celebrate fitness, healthy lifestyles, and physical activity. Free hats, Ocean Spray Juices, Belmont Springs Water and a women's health booklet to record medical information from the Women's Health Network at the Massachusetts Department of

Public Health were some of the free give-a-way items the walkers received. Following the walk, participants enjoyed picnic lunches and camaraderie and the chance to meet and connect with other walkers from across the state.

"Physical activity is important for every age group," says Dr. Howard Koh, Commissioner, Massachusetts Department of Public Health. "Being active is one of the best things you can do for yourself!" Even small amounts of activity done each day for a total of 30 minutes can reduce the risk of developing diseases such as osteoporosis, heart disease, diabetes, and some cancers. Physical activity also positively impacts emotional health and social interactions that are important to healthy aging. Commissioner Koh suggests, "Start with a walk," and you are on your way to a healthier life.

Keep Moving says "Howdy Pardner!": San Antonio Conference July 13th-17th

Keep Moving's own Jan Marble (Director) and Lillian Colavecchio (Elder Health Program Specialist) conducted a workshop at the National Association of Area Agencies on Aging Conference in San Antonio, Texas. The workshop, entitled "Howdy Pardner" focused on the relationship between physical activity and successful aging. The *Keep Moving* Program was featured as an innovative example of how collaborating partnerships keep a program alive and growing stronger through time. In the workshop, Jan and Lillian discussed recruitment of partners, marketing to diverse customers, and an action plan for other states to follow.

Because we think our Walking Club Leaders are terrific!

***Keep Moving* Leaders and Club Members were honored at an Appreciation Luncheon Held on Friday, September 6, 2002**

Newton Marriott Hotel, Newton, MA
Miriam Nelson, Ph. D. was our special guest speaker. Miriam is a well-known author and motivational speaker from Jean Mayer USDA Human Nutrition Research Center on Aging.

FEATURED CLUBS:



Ousam Indians "Chief Dorothy Bennet (right) with friends

The Bridgewater Ousam Indians are a Truly Awesome Walking Club

When Bridgewater's Ousam (pronounced "awesome") Indians started walking together 17 years ago, they would walk around the block. However, some of its members started to get bored. To spice things up, they started walking occasionally at special destinations. The members enjoyed these walking adventures so much that they now walk someplace new and special almost every week. For example, in June they walked at Block Island, the Southwick Zoo (with grandchildren), and the *Keep Moving* Rally on Cape Cod Canal. Talk about a full calendar! This summer they also look forward to walking in Gloucester and Newport among other exciting locations.

Dorothy Bennet started the Ousam Indians after she broke her hip. Her doctor suggested that she walk to help her recovery. At the same time, she belonged to her community's chapter of the Federation of Women's Clubs as the head of the Health Care Division. That year the Federation was searching for a meaningful community project. Dorothy started the walking club to satisfy the project, her division, and her own recovery. Their name Ousam comes from "Ousamequin," the original name of the Massasoit Indians from whom Bridgewater was purchased.

The Ousam Indians are a large group with 65 members, although not everyone walks every time. Dorothy reports that there are no cliques among the club. While certain groups do enjoy riding together en route to their destinations, once the walking starts, everybody socializes together. New members often remark that this is one of the friendliest groups they know.

Originally, Dorothy adamantly stressed that the Ousam Indians were a walking group, not an eating group. They would only eat together for energy for their walks. Now, because of the friendships that developed and their love of great food, they do a fair amount of eating together – lunches, holiday parties!

According to Dorothy, the club is unique first because of its awesome members and second for its sense of adventure and ability to incorporate walking into activities the club enjoys. "This club likes to get out and about for their walks," she says.

What's the Story Morning Glory? The Morning Glory Walkers of East Longmeadow walk with a bounce in their step and a song in their hearts.

You will be able to spot East Longmeadow's Morning Glory walkers by their fuchsia t-shirts and white pants (and sometimes a feather in their hair). They gather to walk three times a week – in the morning of course! In fact, they named themselves after the flower that blooms in the morning and closes in the afternoon.

This club has been walking together for the past 16 years. It started with 10 or 12 members and has kept growing. There are currently 80 members, 40-50 of whom walk on a regular basis. Club leader Jenny Wood makes sure that new members do not walk alone. She makes them feel welcome by introducing them to others in the club.

Long-time leader Jenny has been trained as a *Keep Moving* club leader twice. She says trainings are important because "you always learn something and lots of ideas come out of them." She also enjoys meeting other people who lead *Keep Moving* clubs across the state.

Health is important to this club. Jenny likes to motivate her members by reminding them how good walking is for them physically, and for their spirits too. She wisely notes that it is the best exercise and it does not cost anything. She adds that it is beneficial to every health problem.

The Morning Glory Walkers are not only renowned in East Longmeadow for their walking, but also for their community service. This is such a tight group of walkers that they volunteer together for many good causes that are often health-related. They work together at the blood mobile. They have stuffed envelopes for the American Red Cross. They support the American Cancer Society's annual Daffodil Days and have walked in its Relay for Life.

When asked what makes the East Longmeadow Morning Glories unique, Jenny quickly answered, "The members. They are such a special group." She adds, "true friendships, deep friendships have formed. The club is very sharing and caring. We enjoy having fun together."

The Morning Glory Walkers have their own song that really gets them moving!

The Walker's Song

Lyrics by Charlotte Roda

(In the tune of the Battle Hymn of the Republic)

In the town of East Longmeadow
We go walking two by two
It keeps us fit and limber
It's the healthy thing to do
We're out there every Monday,
Every Wednesday, Friday too
As we go walking on!

Chorus:

We're the Morning Glory Walkers
We're the Morning Glory Walkers
We're the Morning Glory Walkers
As we keep walking on!

You will see us in the morning
Walking through your neighborhood
In our bright and cheerful colors
Being led by Jenny Wood
For three miles we keep on going
Just because we know we should
And we're still walking on!

Chorus: (repeat)

Put your Best Foot Forward and *Keep Moving*: Walking for a Healthier Community



Gareth and Annie Kinkead, dedicated leaders of Mattapan's Shangri-La Walkers

"Put your best foot forward" is one of Gareth Kinkead's favorite expressions. As leader of the Shangri-La Walkers from Mattapan, a Boston neighborhood, he has done just that. This role model for healthy and successful aging understands benefits of regular physical activity. Moreover, he has helped make the Shangri-La Walkers a meaningful and productive presence in their community.

In the Shangri-La Walkers' early days, Gareth gathered friends and neighbors to walk the streets and alert police to unsafe situations. Encouraged by Gareth to continue walking for good health, this crime-watch group invited others to join them on Saturday mornings to walk in Mattapan's Almont Park. They successfully advocated for a gravel walking path, playground, and bleachers constructed by the city. Community gardens also sprang from the group's efforts. This *Keep Moving* club is a shining example of how a walking club can enrich the community while promoting regular physical activity and friendship.

Walking Club Recipe: Apple Curry Rice

From the Mattapan's Shangri-La Apple Cookbook!

Sauté 1 diced apple in 3 tbsp. butter. Add ¼ tsp. curry powder to sautéed apples. Fold into 3 cups of hot cooked rice. Serves 6.

TIPS FOR HEALTHY WALKING

Q. I don't feel thirsty. Do I still need to drink?

A. Yes, especially when you are an active walker. Physical activity requires good hydration. Be sure to drink some water before and after you walk. Also, aging can lessen your sense of thirst. Since you can't depend on feeling thirsty, setting up a reminder system can help. Try following a regular routine. A suggestion is to fill a pitcher with 64oz (that's eight glasses) of water and place it in a spot that's easy to see. Try to drink the contents by the end of the day. If you are having trouble finishing the water, remember that building new habits takes time. Try drinking one extra cup of fluid each day for several weeks, then add another. (Disclaimer: People with congestive heart failure are often on fluid restriction – talk with your doctor.)

Q. If I drink all this fluid won't I have to use the bathroom frequently?

A. Probably. It's a normal reaction to drinking more. This may be a bother, but the benefits really are worth the effort. The benefits of water are that it:

- ◆ Moves nutrients and medications through the body
- ◆ Keeps skin moist and younger looking
- ◆ Controls temperature – cools the body in the summer and warms it in the winter
- ◆ Protects joints and organs from shock and injury
- ◆ Reduces constipation

Even small shortages of water can have a negative effect on your health and sense of well-being, so keep guzzling those glasses!

Cutting back on all fluids to ease having to use the bathroom more often is not the answer. However, you can cut back on or avoid beverages that contain caffeine. Caffeine is a diuretic that actually dehydrates. Be patient, in time, your body will adjust a bit to the increased fluids.



Beating the Heat: Keeping Cool while you Keep Moving in the Summer

The heat and humidity during Massachusetts summers can really curb your desire to walk. However, physical activity is important year round and will keep you feeling more energized even in the hotter months. Below you will find some tips for making walking in the summer more bearable.

- ✱ Walk in the morning or evening when temperatures are generally cooler than in the afternoon
- ✱ If you are lucky enough to be in close proximity to the ocean, walk along the water. The sea breeze will cool you.
- ✱ For the hottest days (or any bad weather situation), have an alternate walking route. To beat the heat, walk indoors (like at an indoor track or mall) or outside under shade.
- ✱ Drink lots of cool water
- ✱ Wear a hat that shades your face, scalp, ears, and neck
- ✱ Wear sunglasses to protect your eyes
- ✱ Apply sunscreen SPF 15 or higher on exposed skin 30 minutes before walking. The higher the SPF (or sun protection factor), the greater the protection. An SPF of 15 means that skin covered with sunscreen will take 15 times longer to burn than unprotected skin.

Inspirational Quote

"It must be borne in mind that the great tragedy of life is not in failing to reach all your goals. It is in having no goals for which you're reaching. It is not a calamity to die with dreams unfulfilled, but it is a calamity not to dream. It is not a disaster if somehow you fail to achieve your highest ideals, but it's a disaster if you have no high ideals for which you're striving. It's not a disgrace to fail to reach the stars, but it's a disgrace for having no stars for which you're reaching "

- Benjamin Mays



Castle Island *Keep Moving* Rally, South Boston October 8.
From left: John and Sarah Wallace, K.R. Kaffenberger,
Lillian Colavecchio, Ilean McCoy, and Jean Canavan

The *Keep Moving* Program is sponsored by:

- Massachusetts Department of Public Health, Office of Elder Health
- Massachusetts Executive Office of Elder Affairs
- Governor's Committee on Physical Fitness and Sports
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- BlueCross BlueShield of Massachusetts



***Footnotes* Newsletter**

Editors: Elizabeth M. S. Krause and Jan Marble
617-994-9808 jan.marble@state.ma.us

Keep Moving Program
Massachusetts Department of Public Health
250 Washington Street, 4th Floor
Boston, MA 02108-4619